



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

GRAPPLING BASIC RULES SHEET

Duration of the match:

Juniors Seniors = **5 minutes** / Cadets Schoolboys Novices Veterans = **4 minutes**

Starting Positions:

1. Neutral Start/Standing
2. Neutral/Open Guard Restart (go out of bounds or stoppage with leg defences in play)
3. Side Control Restart (go out of bounds or stoppage after points for side mount)
4. Mount Restart (go out of bounds or stoppage after points for full mount)
5. Back Control Restart (go out of bounds or stoppage after points for back mount)

Technical Points:

- Takedown 1 point
- Side Mount 2 points
- Full Mount 3 points
- Back Mount 4 points
- Re-establishing Neutral 1 point (closed guard is the only recognized neutral ground position)
- Reversal 1 point (reversals from a disadvantaged position or any bottom position without direct establishment of a dominant position)

Control must be established for a count of 3 seconds to score any of the points.

Situations of guard pulling:

1. Jumping or sitting into guard from a standing position with contact and with a deliberate attempt of a submission or takedown will not be penalized by a caution and will not award 1 point to the opponent.
2. Jumping or sitting into guard from a standing position with contact and without a deliberate attempt of a submission or takedown will not be penalized by a caution, but will award 1 point to the opponent.
3. Jumping or sitting into guard from a standing position without contact to avoid standing or ground fight will be penalized by a caution and will award 1 point to the opponent.

Passivity:

When the action has stalled, the referee shall stimulate the athletes with verbal commands ("Action" or "Open" Red/Blue) without interrupting the match. If the passivity does not stop, the referee shall indicate the passive grappler by raising the fist bearing the corresponding color and give the appropriate penalty according to following progression: **Warning, 1st caution = 1point, 2nd caution = 1 point, 3rd caution = disqualification**

Illegal Techniques:

All offenses fall under the central referee's authority who shall give the appropriate penalties according to the following progression: **1st caution = 1point, 2nd caution = 1 point, 3rd caution = disqualification**
Any illegal action executed to counter a submission will result in immediate disqualification.

Overtime:

1 minute. The first point scored wins the match. The choice of position (either open guard top or bottom or standing) is given according to the following criteria: 1) most passivity infractions, 2) lowest value of points, 3) coin flip. The grappler who gets to choose the position must score otherwise his opponent receives 1 point and wins the match.

Types of Victories:

1. Submission (5-0)
2. Forfait / Default (5-0)
3. Disqualification (5-0)
4. Technical Superiority (4-0) or (4-1)
5. Decision (3-0) or (3-1)
6. Overtime (2-0) or (2-1)

For Technical Superiority, Decision, and Overtime victories, 1 match classification point will be awarded to the loser if he managed to score 1 or more technical points during the match.